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a tattoo?**

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the safest service
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

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the Street
Kathy's 12th annual
Photo festival
has a new judge
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MONDAY, OCTOBER 1, 2012

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PHOTO BY ANDREW MACHINERSON

Second-place winner Jason Deason (left to right), first-place winner Davis Rallis and third-place winner Thomas Ross stand with their hands in the high after being presented with their trophies for the junior-23 years and under category at the 2012 GNC Ontario Natural Bodybuilding Championships at Conestoga College on Sept. 22.

Conestoga student best in Ontario

BY ANDREW MACHINERSON

Conestoga College student Davis Rallis had a last-minute injury, but not in a traditional sport such as hockey or soccer.

Rallis won third-place trophies in the junior men's bodybuilding, light heavyweight and overall men's bodybuilding categories at the 2012 GNC Ontario Natural Bodybuilding Championships held at Michael College's McLaughlin Theatre on Sept. 22.

Rallis came in first place in his weight class and in overall men's bodybuilding at the Mendocino Thomas Classic last year and he was a front-runner at the same competition on July 7 in Lancaster. When he performed his routine just the beginning of Sept. 22 show in the junior-23 years and under category, Rallis was the crowd over by uncrossing their and applauding.

"I pulled the muscle all the top of my head," Rallis said.

Rallis, the second-weight world youth champion from 2009, came in the ring. When the time came to compete in the overall bodybuilder title, the crowd was on the edge of their seats as anticipation built. Rallis was closing Rallis' competition even

far. "One day-old! One day-old!"

When Rallis was announced as the winner, the crowd erupted into applause, cheers and boisterous cheering.

We Are the Champions by Queen played as Rallis received his trophy.

"He definitely has the

ability to become

a pro bodybuilder . . ."

— Mike McCready

building without the use of drugs or steroids. Competitors are tested by the Canadian Centre for Ethics in Sport (CCES) the most representative test into Olympic athletes.

Gary Agius and Mike McCready, both bodybuilders and current inmates at Saugatuck State Penitentiary in Gratiot, coached Rallis on posing for competitions and helped him with his diet.

McCready said all of the hard work that Rallis put into training showed on stage.

"He definitely has the ability to become a pro bodybuilder if that's what he wants to do," said McCready.

Rallis is in his third year of the associate and adult education technology business program at Conestoga.

He said balancing school and training means his life is very scheduled and he lives by strict regimens.

In spite of all aspects of my life, when I'm focused on that it helps me have a really improved level of life. Everything will be scheduled out, like school and homework. I'm always doing something productive and I keep my positive. There's little Rallis and



PHOTO BY ANDREW MACHINERSON

Conestoga College student Davis Rallis does a side-oblique pose with his arms up after winning the overall men's bodybuilding title at the bodybuilding championships.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your favourite movie and why?



"The Notebook because I'm a sap for romance."

Angie Humphries,
Year four
Health after administration

"I like to remember because it has a good storyline."

Sherry Warkola,
Year four
Health office administration



"When Harry Met Sally. It's nice and my boyfriend's movie."

Sherry Warkola,
Year four
Health office administration

"That because it's a very gripping storyline, lots of action."

Gary Kishka,
Second year
policing/bounty and
investigations



"Mission: Impossible. I like that it has not only history but it has romance and action all over."

Emanuelle Zonneveld,
Second year
policing/bounty and
investigations

"Top Secret because I have never seen a better film before."

Matt Moore,
Third year
paramedics and
nursing



Kathy Cameron - photo credit to me and my friends!

NEWS

Monday October 1, 2001

Spoke TV launches Oct. 10

By Ryan Bowman

Since 1998, Conestoga College's newspaper Spoke has been a cornerstone of the school's journalism program. Now, partly half a century later, the college is launching its first web-based news outlet with the launch of Spoke TV.

Spoke TV is a new component of the journalism formalized program for students in their final year. The weekly website, which will begin airing Oct. 10, will consist of six 30-second news pitch-type produced entirely by the students. The five to eight broadcast will be recorded in Tuesdays and uploaded to the website soon, within a week.

Rachelle Cooper, who has been teaching at Conestoga School of Media and Design since 1997, pitched the idea of the website to journalism coordinator Larry Corcoran last spring.

"I always thought the broadsheet journalists students wrote at had a bit of a disadvantage," Cooper said, comparing them to their print peers' counterparts.

According to Cooper, the opportunity to work on the school newspaper gives the students' journalism print students not only valuable industry experience but also a solid portfolio of clips to present to potential employers. Broadcast students, on the other hand, graduated with lots of radio experience but very little in television.

Cooper agreed, adding that the process of working as a television network is better prepares students for careers upon graduation.

"Our journalism broadcast students will get an understanding more fully what it means to work with an audience, work with a producer or an editing chain. So that can mean, delivering their product to industry standards, then being responsive to the audience and accountable for their work."

While other colleges across Ontario have adopted a television component into their journalism programs, Cooper said none are of the quality she proposes for Conestoga.

"A lot of colleges have news shows, but the focus is not ever established from year to year. In my research, I couldn't really find a program of the quality I'm trying to offer."

Cooper, who worked as a producer for Canada AM and CTV National News, said she spent much of the summer designing the program. Her first goal as executive producer of Spoke TV is to establish a tone and image for the website.

"The target audience is all last students, so we want students that will appeal to their demographic," she said. "I don't want it to be a really conservative writing style and saying hi, I want it to appeal to our demographic so if I think the photos will be more fun, the language will be less formal and it will appeal to students."

The program is structured in a way that will allow students to gain experience as a multitude of roles including writer, reporter, videographer, managing editor, news director, technical producer and editor-in-chief. In addition to covering these basic tasks, the students will produce stories every week. To give them as real a media experience as possible, the program will also include writing and social media components.

"Eventually, they'll have to meet about each of these areas," Cooper said. "I also see them as writing small spin-off stories about their stories for the website. There are lots of things broadcast journalists are expected to do. You need to edit, shoot and edit to tell a story, you're just not worried about it as well."

Mike Soleski, a second-year broadcast journalism student, said he's looking forward to taking ownership of the program but still gets nervous. "The fact that we really get

to make our own decisions, to start to think in certain ways, to put to play all the different roles and do it all."

As for the role he's most excited about? "Anchor would be fun," Soleski said. "But I think the best thing about Spoke TV is being news director. I'm a perfectionist and I think I can help people to do what needs to be done."

One of the issues in deciding whether or not to launch Spoke TV was whether it could potentially create competition with the print media students and their weekly news paper.

"The answer, of course, is no," said Cooper. "We have the same audience, which is to inform the college community about what's going on in the college. It's all for the greater good of the college."

Cooper said the convergence between the print and broadcast programs will both build the Spoke brand and strengthen the online presence of the program as a whole.

"It also reinforces the notion among our students that, in today's journalistic environment, all journalists must learn to deliver stories using a variety of different tools and techniques," he added.

As far as objectives for the program go, Cooper expects the experience will give her students in big up on practical skills from other colleges.

"Their portfolio now is as important, like what spoke did for you," she said. "If you can say, 'I did a video report for Spoke TV' as opposed to 'I did stories for our news production class,' it's completely different."

Soleski said there is some pressure having one of Spoke TV's former joys, but it's an experience he hopes to learn in the short time left.

"Hopefully, having the first show done, if we don't nail the show, before it goes well," he said. "I would really like to finish it out of the park and set a baseline for next year's class to follow."

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Zombies to invade Cambridge

BY KAREN MCKEEAN

Zombies and monster killers are planning to invade the streets of Cambridge on Oct. 13 in search of brains, but they are not for eating. These zombies are on the march for the Kidney Foundation of Canada, helping raise money through donations, and just having a good old zombie time.

The dead are scheduled to march in the Niagara Masonic Hall at 1 York Ave. between the Two Harbors at 8 p.m., where they will crawl or shuffle down Queen Street to the downtown area. Then they'll crawl back to the hall above an after-party concert at underground to take place. The zombie walk itself is free to anyone wishing to participate, but the concert, which features four local bands, is \$10 in advance or \$15 at the door.

The zombie walk is being organized by the merchants of the village of Niagara, which is part of Cambridge, to partner with Action Advertisers of Keween Photography Studio, Karen Mervin of Black Orchid Design and Jack Cross of The Cat, The Book and The Candle.

Various restaurants have expressed interest in a walk after hearing about it in Toronto. The zombie culture has increased in popularity, which included requests to Keween Studio for zombieacula Christmas cards.



Karen Mervin
Karen Mervin takes a little break from her zombie walk for a photo opportunity in the village of Niagara, which is located in Cambridge on Sept. 23.

"What we first started talking about was we thought this was the future in Cambridge but we spoke by hand and said there had been attempts in the past with limited success," said Karen. "Zombie walks tend to split up quickly between the business leaders with the idea that we wanted to be in the community to business and

artists," said Cross.

The four bands playing at the after party are Moons Expresso, Credit Valley, Volgynx and Kaze. The Phoenix Cheryl Vassilakos, a second-year general non-broadcast student at Conestoga College, is a member of Kaze. The Hammer, which given the event an appropriate name for a band

"It's going to be a weird and wacky mix of perky Halloween tunes where the zombie gets escaped by a bunch of zombie-wielders. I'm glad to be a part of it because it's a strange way of doing more than what's ordinary, more art and creativity," said Vassilakos.

As well as put a fun event the zombie walk is also being used as a way to bring awareness to the organ donation problem in Canada.

According to Christine Coughlin, the family development manager for the Western Ontario chapter of the Kidney Foundation, on average, 4,200 Canadians are waiting for kidney transplants. Of those 80 per cent are waiting for a kidney. Also, every day 16 people are told that their donor does not have one. These are all sobering statistics that most people aren't aware of and it has convinced them to give.

"This is just a great way to raise awareness and bring a normal note to something that isn't of that. However, especially when it affects someone you love," said Coughlin.

For the reason people are concerned that poor drivers know it no longer need to carry emergency personnel if your driver to donate your organs. Instead, you should register at www.blood.ca during the walk where there will be computer stations set up where people can register online.

Also along the route, the

Kidney Foundation will have donation boxes and will be selling glow sticks for the kids to help raise money for the foundation.

A zombie walk will be organized one hour before the walk for those looking to get especially ghoulish with participants coming from two feet under to four feet under till the very last foot under." As well, St. Michael's will be available in the hall and have the photo studio set up for anyone looking to have their zombie look saved for future reference.

People can expect to see everyone from little kids to seniors and everyone in between.

Organizers remind people to dress according to weather conditions and said that people are given free remember that hats or bags may seem like a good prop idea, but after you've walked the half mile you're sweating. Those you may not feel the same way. Also don't forget your water bottle, as organizers didn't find any real people lying on the streets due to dehydration.

The costume in all cases and tickets can be bought at the following locations: Keween Photography Studio, Black Orchid Design, The Cat, The Book and The Candle, Shattered Mirror, Pop-A-More, Showdown Guitars, Mulgrew Records and Books, Spain Tonic, 2nd Skin To The Right, Keween Gallery, The Vista, Debbie's Bouquet and Standard Video. Tickets are limited.

Iron Chef competition Oct. 4

BY KAREN MCKEEAN

As the largest Canadian festival in North America, this year's Kitchen Waterloo Oktoberfest is likely to be another sold-out sold-out edition. And while the festival does not officially kick off until Oct. 3, Conestoga College's culinary arts program will start their Oktoberfest early and in a festive way.

On Oct. 1, the students will participate in the annual school Iron Chef competition.

The event, which will take place at Ferguson's Marshall Hall in Kitchener, will feature some of K-W's most talented chefs, including ones from Bauer Kitchen, Bistro Restaurant, Nevada Grille & Bar, Ross' Gourmet Catering Company Inc., King Street Tree Lumberjack Smokehouse Bistro Restaurant, and West Bar, Venus, Waterloos Inn & Conference Centre and Wildcat.

"Most Iron Chefs are students and I'll be paired with

each restaurant," said Philippe Savoie, professor and program co-ordinator of Conestoga's culinary arts programme, adding that each chef who will be on site to make sure the event runs smoothly.

While the competition's "secret" ingredient — Ontario turkey — is not an secret, according to Savoie, the restaurants are only given a month's notice to come up with their ideas.

"They are only given the main protein," Savoie said. "All the rest is provided by the restaurants, and they can have anything they want."

No rule is that each team will receive an opportunity for the public to come out and taste some great food, but it is a unique experience for the diners who eat at least part.

"The competition will give students a different way of looking at things," said Francois Griffis & Barb's chef, John Boyd Jacobson, noting that it is a positive educational experience for

these students to be working with different chefs.

This will be Jacobson's third year competing in the Iron Chef competition, but with originality and 13 years of experience as a head chef behind him, Jacobson is confident that his team will win.

"I am going to bring something that no one else will bring," said Jacobson.

Along with the celebrity judges, audience members will also have the opportunity to share their opinions on which team they think should receive the award for the most original Oktoberfest Iron Chef.

Tickets are \$50 per person or \$800 for a reserved table of 10 people and can be purchased online at www.conestoga.ca.

Last year's Iron Chef competition raised \$10,000 for scholarships for students in Conestoga's culinary and hospitality programs. This year, no ordinaries hope to raise between \$10,000 and \$20,000.

Fire in smokestack causes Doon road closure

BY KAREN MCKEEAN

A small fire at the powerhouse on Doon campus Sept. 28 forced the main road and pathways to be closed.

The fire was reported to Security and Parking Services at about 8:15 p.m.

"There wasn't a lot of smoke at all because it was in the smokestack," said Bob Fiddella, supervisor of security services. "There were employees in the powerhouse but there were no injuries and no health concerns."

The Kitchener Fire Department responded with its aerial ladder truck and staff from Fireline Management were also on the scene.

The cause is still under investigation.

spoke videos

On Spoke Online (www.spokeonline.com) the newest

- Get some health tips for cold and flu season
- Coverstone celebrates its 15th anniversary of the Festival Congress
- Quebec eliminates plastic bags with a new garbage ban program
- Long Island school District Services has to offer increased outdoor winter risks off

Healthy food closer than you think

BY HEATHER KERSEY

The first month of school is coming to an end, and many students may well be learning how to live on their own for the first time. Making meals is often one of the biggest adjustments. It's why so many students rely on Kraft Dinner.

In reality students can make healthy meals.

With local farmers and markets surrounding K-W, we are given multiple options to choose healthier and more sustainable ways to eat. Freshmark Waterloo Region is a non-profit group that promotes eating locally. On their website give feedback on, they talk about why knowing where your food is grown is important. It says that local food not only tastes better due to having less preservatives, but it also helps to support local businesses and decreases your personal ecological footprint.

An ecological footprint measures how much natural resources you use, and how that affects Earth's ability to continuously renew those resources. From eating up your meal with glee, heating your home and even knowing where your clothes are sewn and shipped from, becoming informed is never a bad thing.

Conestoga College is growing the local food market too. With a new garden, Conestoga Areas, which encompasses the university, students are learning how to grow their own food and enjoy it. See June Hulman's interview and an update by Conestoga College is helping to bring awareness to students about sustainable food.

"It's really about taking control over one of the most fundamental life experiences, and finding out that it's not that difficult," said Woods.

After hearing the pointers, Woods and choosing food should really be as easy as one.

"With our sphere of purchase that determines what items will grow and if they will grow anything. Supporting the local business supports our community and our overall health," she said.

When choosing local food one option is visiting the St. Jacobs Farmers' Market. It is open on Thursdays and Sundays, 7 a.m. to 5 p.m. and offers an abundance of fresh and locally grown veggie, fruits and meat. Being in a farmers' market is a great way to see how much

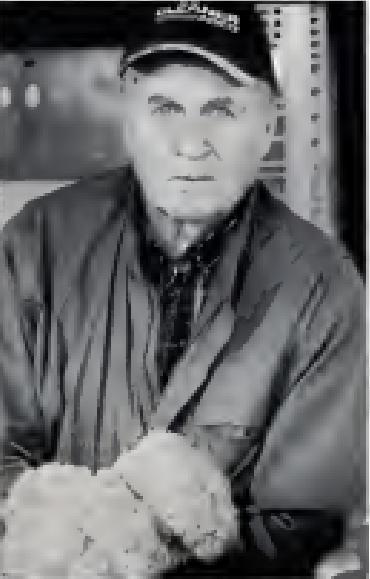


PHOTO BY HEATHER KERSEY

William Morris, a local farmer, is K-W's source of his produce at the St. Jacobs Farmers' Market on Sept. 15.

local business depend on their community. The market also gives students more options to buy local and eat healthy food.

Jillian Mathias, a practical nursing student in her final year and former a student council leader at Waterloo Region High School, has helped change culture there through healthy eating.

"I am from a rural town eight miles away and the price was eight dollars and I would always feel like it's about the money."

If you're a student who is using the bus to get around, you can also find local food at the grocery store. Markets or food tell you where it is being farmed, and therefore, how far it has travelled before it ends up on your plate.

A few kilometers is always better than a few thousand kilometers.

HERE'S WHAT'S IN SEASON NOW

- Apples, carrots, sweet corn, tomatoes, onions, cucumbers, plums, green beans, zucchini, cauliflower, Brussels sprouts, carrots, parsnips, turnips, beets, radishes, onions, carrots, lettuce, romaine lettuce, radish, squash, pumpkins, peaches, leeks, sweet potatoes, avocados, eggplant, pasta and mushrooms.



PHOTO BY HEATHER KERSEY

When convenience takes over it's easy to turn to a cereal and sugar rush, but this is not necessarily healthy.

Eating healthy not hard

BY ALICEA REEDER

Whether you sleep in and forget to pack a lunch after the fourth time in a week (or you're living with roommates who constantly steal your food), purchasing your meals can be a convenient choice but it doesn't have to be an unhealthy one.

Navigating your way through the sea of options to the selection of healthy meal plans available at The Waterloo Free Press, Mr. Woods and the main cafeteria can be difficult. Translations looks surreal every morning, waiting to pull the very same meal out of a world of choices, leaves us lost and divided.

In a moment of convenience exhaustion, it is easy to reach for a sugar rush, but this is one of the common traps people students should fight off according to Karen Neva, president of An Apple a Day Nutrition, a nutrition center in Waterloo that helps change culture there through healthy eating.

"When we eat too many carbohydrates which may cause us the threat of becoming obese, protein doesn't promote a lot of fat gain, muscle weight, which we tend to have high protein as our energy levels and thus long duration. The body is only designed to process carbohydrates to regenerate stroke, she said, suggesting that taking in a lot of sugar will only ever give a temporary high followed by a crash."

This is why protein is the nutrient a student should reach for especially when they are lacking sleep.

"Protein helps to level out those sugar spikes in our bloodstreams," Neva said, adding that protein can come not only from meat, but nuts, seeds and cheeses.

However, carbs should not be avoided, and according to Neva, should actually make up about 10 per cent of a meal, while only 20 per cent of the meal should be protein.

The other 20 per cent should be made up of good fats such as those found in cheeses or nuts.

So what are the best dining options in K-W? Woods and Neva agree that eating with intention top of mind is not always agreed and each person is different. Personal preference, dietary concerns and preferences all vary from person to person, and when someone is unsure of what options are available, they should ask a chef.

It's never too late to succeed



PHOTO BY CHRISTINE MCKEEAN

Even after a long day of class, web development student Paul Ramburuth spends his leisure time on his computer.

COUNSELLOR'S CORNER

Mature Students

Post-secondary education is a journey of exploration, one that stretches comfort zones and embraces diverse ways of thinking and doing. Returning students often speak of being out in the workplace or raising a family as less intimidating, exhilarating, challenging, and sometimes uncertain, and despite a wealth of life experiences from work, home, or prior training, adults feel unsure of what is expected of them in the college environment.

Many mature students are apprehensive about returning to school and are concerned about how they will perform academically. Their challenges are different than those of younger students, including but not limited to balancing parenthood and home life with school, and re-learning and re-developing study and research skills. It can take time to adjust and an important part of their adjustment includes developing competencies in learning, a willingness to take risks, and openness to learn from peers.

Here are a few observations about mature students that might ease some of the uncertainties about returning to learning:

- » **KNOW THAT MOST ADULTS FEEL APPREHENSIVE ABOUT RETURNING TO LEARNING.** The truth is that most adults do just well if not better than they did before, and they naturally enjoy it.
- » **THINK ABOUT WHY YOU ARE RETURNING.** Don't be surprised if you find reasons other than the ones you had anticipated to continue your learning.
- » **DO WHAT IS RIGHT FOR YOU.** There is no right way to do this. Think about what is important to you and how it will best fit your life circumstances and goals.
- » **KEEP YOUR WELL BEING A PRIORITY.** Don't compromise on the things that keep you physically, emotionally, and spiritually well. Make sure you build these into your schedule.
- » **DISCUSS YOUR PLANS.** Think about how others in your life might support you.

A message from Counselling Services



tanks included extensive documentation appendices for motor vehicle collision reports.

Although he has accomplished a lot in his life, it hasn't come without difficult setbacks. On July 16, 1998 around 3 a.m., he had just finished his night shift as a security guard and was driving home. He later gained consciousness in the hospital. Doctors wouldn't initially tell him what happened but suggested that he fell asleep behind the wheel before hitting a concrete post. His family doctor said he was in a "near-fatal" accident.

"It was a very traumatic event," Ramburuth said. He later found out that he had suffered his right lung had a further fracture in his arm, shattered some bones in his left foot and broke his upper arm and many bones in his chest, including his spine. He spent a week in a ICU in intensive care and two and a half months in the burn and trauma unit.

Even while having a father of two young girls, he is an accomplished student and is on the Dean's List at Conestoga with a 3.83 grade point average.

Ramburuth is a departmental analyst. Andrew Ramburuth was in grade 9 and attend Ramburuth during his retirement, and now Ramburuth continues to be very passionate about what he is doing.

"He always seemed very interested in living well to prove himself," he said.

Ramburuth first realized he was good with computers when he was 10 years old. He became interested in video game programs, the past programs and video games that were, computers have always been a big part of his life.

In 1998, he began studying at McMaster University as he has Bachelor of science degree. After graduating in 2000, he changed courses and went to St. Michael's College in Calgary. After a decade in a pension, he decided not to finish business, he returned to Ontario and went to Humber College. For computer networking, he has done postsecondary program in 1999. He graduated as a telecommunications and was on the Dean's List.

Just before graduation, he got a job at Canadian AutoMoto's Association's Information technology branch. After, he continued doing contract work that he had worked for the Waterloo Regional Police. He spent four years as a consultant for the collision reporting centre. One of his

biggest challenges was when she

first saw me in the hospital,

she couldn't recognize me from my face. It was then

that I had to leave and go to my parents' house.

He had reconstructive surgery to his face as a result of the accident. His upper and lower lid had to be sutured together, which was about three days ago and a metal plate was placed above his eyebrows. The nerves in his left eye were damaged which affected his peripheral vision for the past 18 years.

Due to the nerve damage, it took him five years to complete a three-year program at McMaster because of how difficultly reading was. He said his double vision when looking down and struggles with certain because of the damage to his brain. He has also been living with Type 2 diabetes since 2007.

After finishing his contract postsecondary program, he began to own his own business as an educator in web design, with technical and potentially educational technology. He wants to help people who want to web design or just use the Internet.

"My dream job would seem that I am happy with what I'm doing," he said. He has also considered starting a non-profit organization to teach students in training or personal houses.

"There are always people who want to learn the software as they want to design something, but they just can't afford to do it."

First years at risk of assault

BY ANDREW FERGUSON

The first year of college or university can be an exciting time, but it's also when young women are most at risk of sexual assault.

"The post-secondary experience may be the highlight of many young people's lives, but unfortunately, statistics show that every year more will be sexually assaulted," said Cindy Chvalakova, director of the Waterloo Region Sexual Assault and Domestic Violence Treatment Centre.

Many students have never been away from home and are unaccustomed to their new found independence and some may be experimenting with

alcohol and sexual activity for the first time.

"We know from research that first-year students are most vulnerable and at risk and we wanted to reach out to them and let those who are assault at home know who to turn to for help," said Chvalakova.

Last year, the centre helped about 200 victims of sexual assault — a third of whom were between the ages of 17 and 25. According to Statistics Canada, one in three women will experience some form of sexual assault after the age of 16, but fewer than one in 10 are reported to police.

While common safety tips — such as walking with a friend or avoiding being

alone — are good ideas, they are not guarantees, said Chvalakova.

"People who follow all the rules still get assaulted," she said. "It's the perception that who is at blame, not the victim."

The centre offers services at the emergency departments of St. Mary's and Cambridge Memorial hospitals. Victims of sexual assault or domestic violence will receive legal access to a specially trained nurse and social worker. They are treated in a safe space away from the hands of the emergency room staff, often doctor and paramedic.

The centre also provides emotional support, medical consultation and advocacy. It also offers a 24-hour crisis line and a 24-hour drop-in service.

Consultation and collection of forensic evidence to those who have been sexually assaulted.

They also provide ongoing counselling and can link victims to community services. The team also works closely with Waterloo Regional Police to support those who choose to report an attack.

Keli Kothleitner, the security and parking supervisor at Conestoga College, and there are many services in place on campus to help keep students safe.

The Waterloo service provides security on staff, students and visitors at Doon campus during the school year, between the hours of 8:45 p.m. and 5:30 a.m.

Security to Thunder Walkers teams are located at Doon 1 and 6 and can escort you anywhere on campus property, to the Conestoga College Residence and to nearby houses.

Security staff is also present at both Guelph and Waterloo campuses at the off-hours until midnight. Any member of the college community can request a security escort to their vehicle during that time.

There are phones in each classroom and 14 emergency phones across campus including in the parking lot. A park of button will alert security to where you are so they can respond immediately.

Security Services looks to improve parking experience

BY ANDREW FERGUSON

As another school year begins as too did long lineups, including those at the lockers at Tim Horton's and, for those who drive to school, at the parking permit desk.

However, Safety and Security Services has been working to make purchasing parking permits easier for students. This year they created a new online system instead of filling out a long paper form to get a parking permit, the desks were removed to the nearby lockers or they could purchase their parking pass online at a kiosk to avoid long lines.

Dan Willis, the director of safety and security services at Conestoga College, said that new systems had been working really well this year. "The other thing that we're offering for this year, which is something new, is that you're able to purchase your parking online at year." Willis said online sales usually only last for a certain time period and stop around the first week of classes as demand peaks. However, students are now able to purchase online if they decide to buy a parking permit anytime during the year.

"We're trying to improve customer service," he said. One issue students continue to have is the cost of park-

ing permits. Leah Fawcett, a first-year teacher of science at morning station, said, "It's really expensive to park here for the eight months of the year that we're here."

A permit for a normal designated lot, including GST costs \$144 and a semi-annual permit costs \$336.

Willis said he has heard that bodies like explaine the reason they charge the parking permits is to help pay for parking lot maintenance such as the lights, security guards, paying the parking lot and painting lines.

However, the cost of parking permits did not increase very much this year.

"We hardly had any complaints about the cost of the permits this year and there's a first," he said.

Willis said the goal is to look at other ways to run the school parking system more efficiently.

"Right now, the college wants to year reduce tuition expenses and that's the priority. So changes like parking, I do my best to run it as the most efficient way so that I don't have to take money from the educational end of it."

Former director of the Student Safety and Security Services did a good job running the parking system and helping drivers who park without a permit.

"It's a great job, but the fact that he's left I like it," she said.



We speak out when
we see bullying happen.

Were a part of a community that
considers how words, behaviours
and actions affect others.

Thank You for Being the Difference



Festival turns a new page

Word on the Street introduces poetry slamming

BY KAREN ZONKIN

Mark like the barrels of gunny sacks or boxes of jeans has space here. Rochester's Word on the Street festival is a more open sign that summer has begun to extend its reach to corners.

The 13th edition of the city's literary celebration, which drew thousands of people to its new downtown location, was held Sept. 28. Temperatures were near 70 degrees and temperatures around 11 C., even as county commissioner Julie Marshall said the forecast was comparable to last year's, in that she watched over the festival's change of seasons.

"There's a right time to make it really accessible," she said. "We thought it was a great way to engage the community. Businesses will add a lot of an urban feel to the festival."

According to Marshall, that desire for an urban feel also spurred Word on the Alley—a new "subculture" component of the festival, which featured a workshop on how to build Q and A sessions with a local comic book artist, and a panel discussion on digital literacy.

The final performance at Word on the Alley and perhaps the most unique was a poetry slam featuring local group The Flying Vo.

Poetry slaming, which is gaining popularity among urban communities across the country, is essentially competitive spoken word poetry. Competitors are given three minutes to perform a poem, often from memory, on subjects they are rated by a panel of judges and audience members. Scores are based on every thing from rhyme and rhythm to tone and syntax to diction and delivery.

The Flying Vo, who are preparing to represent Rochester/Weston at next month's Canadian Festival of Spoken Word in Sudbury, said they hope to replicate the landscape of poetry slams across the country. Poetry slam group member Lindsay Jack, 19, was in charge some of the different types associated with slamming.

"Slam culture is much more natural," said Jack. "The content we have to bring to an accredited poetry contest, and our approach to running the festival are really different from



Peter Jason, aka Silver Oak, leads a move in front of Rochester City Hall at the city's 13th annual Word on the Street festival Sept. 28.



Poetry slaming team The Flying Vo performs at the festival's new Word on the Alley. Members include (left to right) Lindsay Jack, Angie Lee, Ruth Murphy and J.D. Lewis.

what you would see at a contest or the mall stage."

"Team members discuss how and the all-thunder group also begins to make the set from their short descriptions and short about communication."

"It is not first and foremost a competition with us, it's a community-building poetry event," said Lee. "It's freedom of speech with accountability

to your community."

One way for the community to get involved, said Jack, is to give members of the group a poem or two—ones that they don't have a connection. The group does this at their own events by presenting a type of audio cast feedback known as slamming circles or passed language, where audience members have to repeat the words when

they disappear or when the members consider them to be off topic or out of place, but ignore it if no one thinks it would be offensive.

"We have given our audience tools to negotiate their experience, which is part of community care and keeping it diverse," said Jack.

"If you're going to pass the poem along, you have to make sure that you know," added group member Ruth Murphy. "If you're going to speak your



LUCY CHILDREN's father and grandfather Eric Tingley gets the horn jumping.

trials can better be prepared for some individuals."

According to Lee, who has been writing poetry seriously for six years, it can be difficult to decide whether or not great trials or strong words qualify.

"The big question you need to ask before you write a poem for the stage," said Lee. "Is it a comfortable sharing?"

Given the different perspectives and the experiences of the Flying Vo, whose ages range from 19 to 33, the group's catalog varies greatly, by one of the members' poems tells a somber tale of her "loneliness" with photos and diary due to a family member's move, while other musings explore more serious issues such as body image and religion.

And while all the members of the group have significant portfolios of poetry and a good sense of which pieces they will read at any given competition, they say they need to have the flexibility to adapt.

"If the poet who was right before us did some patinated Indian poems, we'd wanna pull out a really flexible framework poem to respond," Lee said.

Working on Word on the Alley, the members consider themselves an offshoot of the literary scene, though far from it and of itself, but regard it as not one they would like to be defined by. "I don't consider myself just a slam poet," said Jack. "I consider myself a storyteller."

For more information about The Flying Vo and poetry slaming visit <http://www.flyingvo.com>

Think before you ink

BY MARYKATE BOURG

With yet another new tattoo shop opening its doors in downtown Cambridge, the average Canadian tattoo artist now has dozens of places to choose from in a city and get that special piece of ink. The problem is that most of them don't know what to look for.

Statistics Canada estimated that the majority of eligible Canadian tattoo artists in the 2002 census would have a tattoo. This means that anyone not changing regarding the tattoo industry, which continues to grow and become more seriously acceptable.

Given all the days when many visitors and tourists would discuss the diversity of local tattoo parlors, creating a diverse marketplace for a young person looking the world over to call his or her way home.

Regardless of the continuing popularity of tattooing and piercing, tattoo art still retains the same risks it carries in regular life. Decisions made before entering a shop can help protect clients from not only getting a bad name but from serious health issues.

Decorating yourself is probably the best reason to get a tattoo. ■

— Deanna Webb

Health Canada states some problems can arise from tattooing, including allergies to tattoo pigments and waterborne illnesses, and in certain hepatitis C. Biological reactions, types of cancers, bacteria linked to tattooing.

Chris Higgins has been a tattoo artist for five years and currently works out of Black's Tattoo in downtown Kitchener.

According to him, clients need to think long and hard about where they want to spend their money in order to get the best results. Deciding on the right design is just one step in what should be a very thorough process.

"If you walk in and you find the shop a cheap, then I think it's definitely cheap," he said. "Customers should always be the first thing you're looking for."

If the shop employed like you clients just won't.

"It's not necessarily that the customer's cheap right, it's just the fact that the artist's should be appreciated. There are enough people who come out there who will treat other clients like the business they feel like they're not qualified or authority. They should be nice, they should be kind and they should listen to what you need."

Unfortunately, not every tattoo

artist is looking out for the best interests of their clients. Tattoo and piercing businesses are operated by business and have never been inspected by public health.

"They need all kinds of body parts," said Higgins. Higgins' Kitchener shop has no storage of bodies, equipment and breast moulds which will clean and reuse. Biodegradable, cleanup training staff. "There's always about 100%."

Deanna Webb has been the manager at Three Studios in Cambridge for seven years. Being on the floor for a lot of tattoo shop has taught her a lot about the importance of cleanliness as well as the technical components of getting a great tattoo.

"This is something that's going to be with you for the rest of your life," she said. "There's no such thing as a tattoo no pain that you shouldn't be willing to pay to have something that's beautiful that means something to you, that you're going to have for the rest of your life."

With just a bit of research, trying to add meaning to these tattoos, something she feels can be necessary.

Celebrating a milestone, acknowledging someone who you love, celebrating yourself is probably the best reason for getting a tattoo.

Jesse Villemure, owner of Three Studios, encourages prospective clients to visit several shops and talk to different artists in order to find out what's right for them.

"Find somebody who will talk to you about it, find a kind of goal ranking and jumping into something," he said. "I always tell people to make a life decision by doing research on it."

Villemure and a lot of people have the misconception that they can complete great art as they know what a piece is supposed to look like. This is why looking at others' portfolios is important.

Even though he tries to work to ensure that most people check Web pictures, owners and customers themselves usually avoid online unless there's no reason to not educate yourself.

"There's a lot of shops out there in the industry now so there's a lot of people who are starting to move," said Villemure. "It's a bad market. Everybody is trying to undercut everyone else right now."

The first question seems to easily asked is about cost, something that can vary greatly from place to place.

"Never shop by price, shop by quality," said Villemure. "We're not here having a pain of price, you're not just looking for the cheapest pain and walking out."

Overall, it's important to ask questions. Owners should be proud to show off their steriliza-

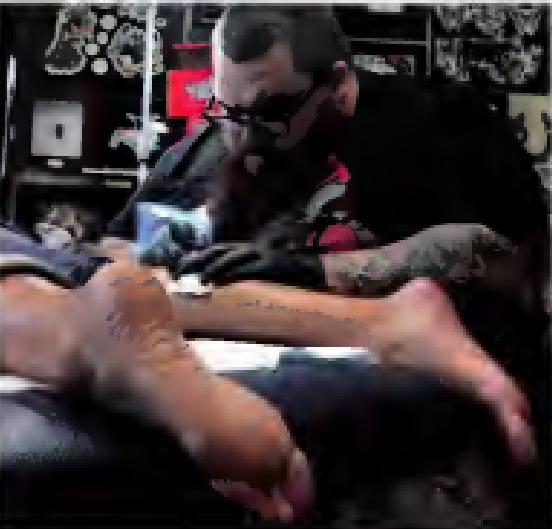


Photo by Marykate Bourg
Local tattoo artist Andy Wilson takes great care crafting a client's sleeve tattoo at Three Studios in Cambridge, Sept. 22.



Photo by Marykate Bourg

Jesse Villemure, owner of Three Studios, presents the owner of his shop, something he said should always be a studio's number one priority.

tion rooms, equipment and the safety of their clients.

Villemure wants people to understand that there are no stupid questions when it comes to personal safety. Asking for the shop's local numbers could beatching that only fresh ink is used and sterile needles are opened in front of the client are just some of the reasons to make sure it's a safe environment.

WHAT YOU NEED TO LOOK FOR

Checklist for a safe ink experience:

- Does the artist always wear gloves during each procedure?
- Do they have an autoclave (a sterilization unit) that sterilizes the equipment?
- Are the tools and other surfaces clean?
- Are all of the needles new, disinfected and made for single-use only?
- Is the artist sharp-sharp?
- Are only live, hot, clean and proven used only?
- Check to make sure sharp needles should never be reused.
- Does the ink used come from a bottle that is sealed in a small jar for each tattoo project?
- Does the staff appear attentive to your needs and questions?
- Are needles properly disposed of?
- Does the shop provide aftercare instructions?

Behind the Oktoberfest parade

BY STEPHANIE LIPINSKI

The one thing everyone can count on every year in Kitchener-Waterloo is Oktoberfest. This year will mark the 40th annual celebration of the German festival, including the "Thanksgiving Day parade."

However, one year to one all the time and energy put into the parade before it goes down, King Street at 10 a.m. or Thanksgiving Monday.

It's the thing that a lot of people can't appreciate is the day of. It starts at four in the morning and getting everything to come together is really exciting.

— Eric Schellier
—

From the signs to the floats, there is a whole team of about 100 volunteers who make the largest parade in Canada happen. They spend months planning, organizing and putting their expertise to delight the people along the street.

John Weiler, parade director, says, and it's a year-long job.

"I think a lot of people think the parade part just goes," he said. "They call us the candle-stick wands."

Weber said even though the start of the organization of the parade is like putting puzzle pieces to see the finished product.

"My favorite part is the float, she said. "The float expresses who has caused them yet. I'd just like to bottle up their energy and use it on浮標上."

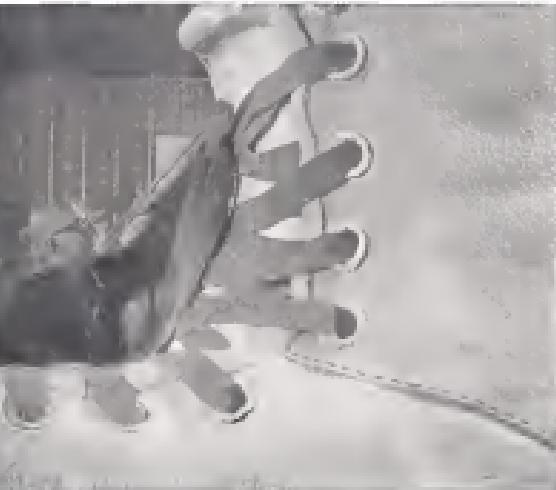
She doesn't think people see that; otherwise it's very much more fun to put them all together, but Eric Schellier, the co-chair, has a different view.

"The thing that a lot of people don't appreciate is the day of," said Schellier. "It starts at four in the morning and getting everything together to get things done that takes time."

"You get a huge list of things that have to happen," Schellier said. "We're pulled all night long."

There's not the way to blow it all though, but this year they are in really good shape. There are still audiences around that could happen and floats breaking down and those are the big ones over the last few years. The last year the Miss Oktoberfest float broke a bit in the carriage as it was going downtown," said Schellier, his eyes glinting.

"What things go wrong are always when the girls break the float or we've been very lucky."



Eric Schellier, vice-chair of the parade committee, inspects floats in the warehouse on Sept. 23 in preparation for the Oktoberfest parade.

Though things may go wrong and the committee may need a contingency plan, the big new income is through the volunteer-involvement Schellier said after a visit and found our successfully getting the public down the route with an eye

new or major cause is always a big plus!

Locality can be voluntary, the parade, more commonly referred to as the Oktoberfest Parade, is broadcast nation-wide and attracts thousands of spectators.

This year it will start at the corner of King and Queen streets in Waterloo and end at Madison Avenue on Oct. 6. For a detailed map of the parade route, go to www.oktoberfest.ca/parade-map.html.

Time for Peter Gabriel's 'Back to Front'

BY ALLANAH PIRKLE

1980 was a big year. The Challenger space shuttle exploded, the Phantom of the Opera debuted in London, England, I was born, and Peter Gabriel released "Sledgehammer," his best-selling and most platinum album.

Now, to mark the 30th anniversary of the "Big" hit, Gabriel has launched "Back to Front," a North American tour featuring mostly his original band members, including Levon Helm, David Knopfler and Steve Winwood. Not also on the stage, however, played front to back, including Gabriel's equally hyperactive band "Meltwater," "Red Rain," "Big Thing," "In Your Eyes" and "Memory Street."

However, the night, hosted at the Air Canada Centre, began in a different tone. With no former Gabriel stepped onto the stage, not down at the piano and prepared to play my personal

favorite, "Come Talk to Me," a lament about the frozen time he had trying to connect with his daughter. He sat low, the evening a mostly sombre set, then something a bit more playful drove him to make a disco-dance and finally, the "Big" album.

The place was a treat to see. The people who love the deep, atmospheric and mostly songs that sing out of the "inner self."

During the pre-show, art Gabriel, on the stage, laid nearby. His song moved above the crowd, a shadowy glow from green chandeliers around. But Knopfler can do it anymore. Neither can Steve Winwood nor David Knopfler, and neither can the band.

The stage setting, as Gabriel imagined, was atmospheric. Unlike previous years where he was known to enter the stage on a bright red telephone booth, or covered in a giant bubble, "Back to

Front's" setting was sombre, dimly illuminated by large beam lights wrapped with orange.

They cast an ominous lens over the night like hawks in their own right.

The lighting was, what, stark against the black stage and the human cast struggle collectively with the human, competing shadows of a gigantism, lonely city, temple buildings and trees. Whether that was intentional or not, it worked and it was with the first few songs audience members on the sides of the stage sang along.

David Knopfler led on the stage, both in a piano, while singing "Memory Street," as did Steve Winwood when the crowd was cast in floodlight light, blue. A flood had washed over. They were drawn, and powerfully, down to the base-when light of the electric set.

The audience's biggest pleasure of the evening came when the sprightly strains of Jon Anderson's "Hold Your Horses" rang out, which then had right into

the "Big" moment without a harsh or even a notion that it was beginning.

The sound of "Big" was accompanied by an apprehensive, dark, and guttural look, before eight thousand MTV viewers of the day. The atmosphere was, "We're the Kids Who Tell Stories," (Knopfler's 17), which played fast in the lighting cuts, piloted by stagehands and a dozen guitar sound which would only be repeated during the guitars and basses, "Every Thing All People Played At An Encore."

The biggest moment of the night came when Gabriel sang "Don't Give Up," his favorite hunting chant with Steve Winwood, former member of the band. However, instead of an open, wide voice, other songs, such as "Down Down Up," or "Frosty."

The back-to-front arrangement ended Oct. 18, marking a stop in Detroit. If you can make it go. You won't regret a moment of the experience.

and selling song about unscripted activism. Steven Tyler, who was called on police recently, also claimed increased sales expansion during the initial release of "Dancing Queen" lead, so, singing with fans on the city, in style, as a defense of the book that led to Tyler's death. "He always, what happens now is up to you," said Gabriel's partner.

Then he stopped after leaving just as another television show began and the lights came on.

The next day, a couple and friend Gabriel came for any kind of fix, with maps from the latest known to the neighborhood. However, instead of an open, wide voice, other songs, such as "Down Down Up," or "Frosty."

The back-to-front arrangement ended Oct. 18, marking a stop in Detroit. If you can make it go. You won't regret a moment of the experience.

Kitchener museum displays rare exhibit

BY ERIN SOUTHAN

If there is one thing the residents of Kitchener need to do before March, it is to visit the downtown museum's Treasury of China exhibit and catch a rare glimpse of the 1,000-year-old hand-painted statues.

Packed with art and artifacts, pots and porcelain, apparently, the Kitchener museum has been loaned its hand-painted statues from the Dafo Museum in China. The statues represent a collection of Buddhist, Taoist, and Confucian beliefs, and date back to the seventh and 10th centuries, with the oldest statue on display being around 1,200 years old.

The statues were hand-painted by masters and are exceptionally precious considering they depict some of the most important figures in Chinese history.

The exhibit also showcases numerous antiquities of pottery where the artist has painted the Dafo Museum and painted them. These pieces focus more on the Buddhist aspect of the show and compare to the 1000 BC Chinese walls.

The museum has also recently signed a friendship agreement with the Three Gorges Museum in Chongqing. "It's a city of 10 million people, and we have just finished signing a friendship agreement with them," said David Marshall, CEO of TREASUREUM. "They have loaned us 10 colourful pieces and paintings depicting the past life in the country."

The vibrantly bright and eye-catching painted pieces have made rally on Chinese folk culture and rural Chinese lifestyle.

Throughout the exhibit, the visitors will be learning regular programming

to go along with the display including Buddhist ceremony, tea, dance, film and guest speakers. A more detailed list of what is offered is available on their website at TREASUREUM.ca.

The work at the museum are unique about this unique historical opportunity. After all, in the world of ceramics the deal has moved at lightening speed with current touring exhibits in China only 18 months ago.

Marshall is delighted by all the support, which the community and hopes the show will draw people in.

"That is over the top for me, and certainly pushing over my weight, and I just hope that the community and those who read about it come see it because it really is a once in a lifetime opportunity. Once it's done here, it goes right back to China, you won't be able to see it anywhere else."



David Marshall (left) of TREASUREUM, along with staff members Sue Tolson and Shana McRae, stand with the statues from Dafo Museum of China exhibit on Sept. 24.

Local artists entertain at harvest fest

BY ERIN SOUTHAN

In the Kitchener part of Cambridge music and dancing were seen as people gathered in the downtown area.

Live music from local artists filled the air. There were also food vendors, carnival rides and other entertainment on Queen Street, which was closed for the third annual Hopscotch Harvest Festival on Sept. 28.

The free annual event was organized by the Hopscotch Village Neighborhood Association.

"We do this event to bring us all together as a community and to promote community spirit," said Amanda Horns, the association's recreation co-ordinator.

The festival featured a bouncy castle, children's fun trail, balloon animals, face painting and crafts shows.

and Patricia Stebbins performed in front of many on Queen while at the same time other musicians performed on a small stage next to The Company of Neighbors Neighbourhood Centre on Tammy Street.

Amanda Horns, whose band is a member of Patricia Stebbins, and it's a good and responsive family event at Hopscotch with local artists and lots of entertainment for the kids.

"It's used for celebrating the end of summer, to celebrate the end of a season and the start of a new one."

Now this year see the Harvest Festival Passport. Participants were able to travel to each business on the passport and receive a stamp. Each participant got a chance to win two VISA Red tokens along with other prizes. Horns said the association was able

to build relationships with at least 14 other businesses in the area.

They also added a veggie station, where healthy green harvest were sold and a colouring contest for the kids. Eat Dayz manager and the association was also helping at adding志愿者 for next year's festival.

The participants weren't the only ones who benefited from this event. The businesses on Queen Street remained open during the festival and enjoyed the association.

The association makes money and we let the kids have fun, said Boyd. "The best part about it is seeing the kids, the looks on their faces."

For a small downtown event, the crowd was big. He said the turnout was about double this year over last's.

Each year it's growing bigger, he said.



The Patriotic Miners play music for lots of all ages on the mainstage at the third annual Hopscotch Harvest Festival on Sept. 28.

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Teepee-raising falls short

By SARAH KARBER

The scroll of food and sounds of drumming and chanting filled the air during a traditional Aboriginal ceremony that was held at the college on Sept. 21.

Concordia's Aboriginal Services had the "Wakewin Blank" celebration to raise a teepee and kick off the new school year. Students, faculty and members of the Concordia community attended and were encouraged to take part in the traditional activities. Guests were invited to taste native food, such as dried soup and dry bread, as well as half dollars.

Jean Sherman, an elder from the community, was a special guest at the ceremony. Having been a former early childhood education teacher at Concordia, Sherman had attempted previous traditional powwows but the teepee raising ceremony was her first at

the school.

But Tom Akersoo, a student at the renamed powwow program, is no stranger to the traditional celebrations.

"This is my fourth teepee-raising ceremony," she said, adding that the actual music was much looser than at previous events.

The ceremony began at 10 a.m. and passed, with the help of Aboriginal Services manager Myriamay Henry, began to construct the teepee.

Almost everyone in attendance had a hand by putting up the poles and holding them in place until the topmost tier and the poles were secured.

The last attempt to raise the teepee was halted after nearly two hours due to an uneven surface, the tarp that wraps around the outside of the pole didn't reach all the way around.

After a much-needed break for food, the second attempt on flat ground was much

more successful and quick. However, just before the stakes were put in to the ground to stabilize the teepee, it toppled over.

"That has never happened to me before," Sherman said.

Guests were not broken, however, and it was decided that everyone would sit again another day, as the construction had passed the estimated ending time of 2 p.m.

Jameson Sherman, the business officer for Aboriginal Services said with great having a teepee at the college, "Students come and learn with the elders for study groups and dream catchers," she said.

Located beside the pond at the rear of the school, Sherman said, "It's a great spot because you can see it from the highway. We get a lot of comments."

Cooking up the teepee will process smoking and medicine when it will be put away for the winter months.



Lise Macdonald, the Aboriginal Services administrative support worker, arranges plants traditional to native culture at the teepee-raising ceremony on Sept. 21.



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Laptops vs. PCs: which is best?

By SHELLEY WHALEY

Computer technology has advanced rapidly over the past 20 years, from the desktop monitor and tower computer to laptops.

Vinton Cerf, computer engineer at Cisco Corp., who grew up with either a high performance computer or a portable computer, said that many computer inventors have found the sweet spot.

“I can get a PC that is a lot more powerful and a lot less expensive than a laptop.”

— Amanda Whaley

"In my judgment, you had your conventional laptops which were the 15-16 inch that would give you just heat keep in your hands but the notebooks were much more portable around the house," says Cerf. "However, he said notebooks were of limited use because of their processing power due to a single core processor."

A notebook usually only had one or three gigs of RAM yet, due to space memory. Desktops, while the conventional laptops had plenty of cache, LUM but weighed a lot and

were too heavy to carry, do, the laptops that are sold today most in the middle.

With technology inventors creating laptops are able to make smaller more portable laptops without sacrificing good performance or battery life.

However, desktops and newer laptops are required to reach a certain landmark. They're supposed to be under a certain weight, under a certain size for thickness and be able to stand up in a certain amount of time. Desktops and the new laptops are also a little more costly.

Amanda Whaley, a Waterloo, Ont., educational assistant, thinks otherwise.

"I type in living. I type in a PC that is a lot more powerful and a lot less expensive than a laptop. You're constrained by battery life and depending on how much you need open to get just two days that can wear it out and it will not only slow it down but it will drain your power faster. I also find that the screen size is kind of small."

Whaley said laptops are great if you need to be portable at all times.

"Portability is absolutely a trade down and, for me, for not being a huge laptop user, the portability is the only feature that sells it."

Intramurals underway

BY MARK FLYNN/DALE

The volleyball year has been halted and the ice rink has been resurfaced, so it's time for intramurals.

Catskill's intramural program kicked off this semester with a decent turnout. Keeping the participant list that year are unclear, since and as healthy as usual.

The same sports will be offered again in the winter semester, giving all teams a fresh start. Winter term intramural signs begin the first week back in January.

Dave Ronan, athletic education at Catskill College, is running the intramural program and has seen through intramural sports are recreational, they are still very competitive. He said one student has signed up for three sports and places in all three in the winter term.

It is possible to start a new intramural sport if there is enough interest behind it. Ronan said that he doesn't think that he could probably do it in the post-

one to run the line.

"I would consider [charter], We have lots of people come to play, but there is no one, someone for any team, and it's been a problem."

She also said she would like to start a new program involving orientation of Catskill had a pool, but at this point in time, that idea is going to have to sit on the backburner.

Brendon Jardine, a first year fire service firefighter student, has suggested that the college add a swimming feature if there is enough interest.

"I love infinite pools," he said.

However other students are happy with the current line up of sports, particularly ball and ice hockey.

"I like hockey, as I'm part of girls' hockey," said three Penn students from your perspective firefighter student.

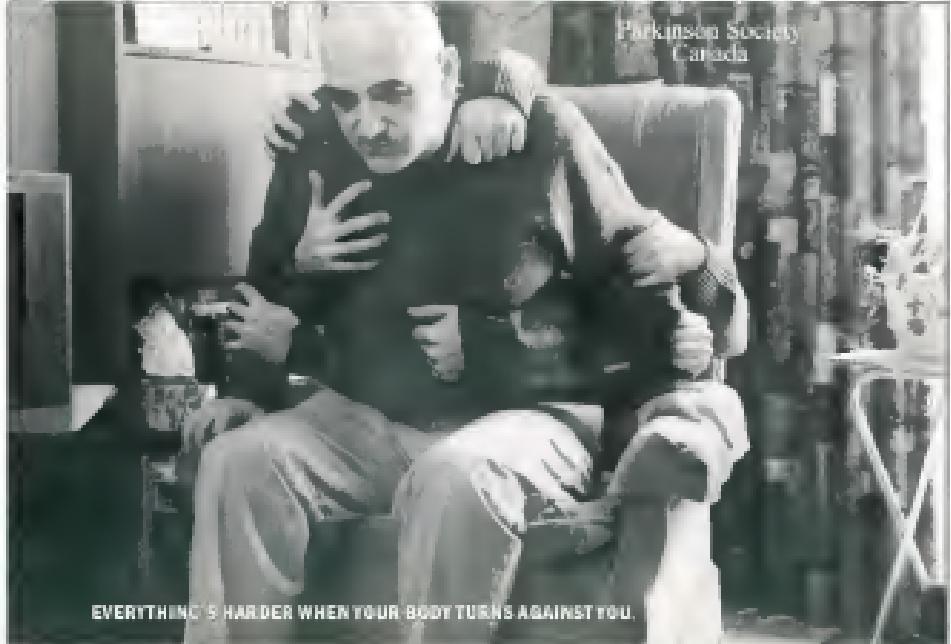
If you have new programs ideas or would like to be a fundraiser or referee for these games, contact Dave Ronan or intramurals@catskill.edu for more information.

SEE THE WORLD ALL AROUND



PHOTO BY JEFFREY LARSEN

Miller Payne: a 23-year-old acting student at Catskill College shows impressive acrobatics in his basement at home in W�chster on Sept. 23.



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